

**CLAIMS:**

1. A support system for a pair of spectacles comprising:
  - an item of headwear including a portion (11) which, when in use, projects beyond the circumference of the head of a wearer above the eyes; and
  - one or more support rods (12) or strings (18) connected to the projecting portion (11) and having means at the or each free end for detachable connection to the temple arms (15) of a pair of spectacles.
2. A support system as claimed in claim 1, wherein the support rods (12) are flexible.
3. A support system as claimed in claim 1 or 2, wherein the support rods or strings are adjustable for length and/or position on the projecting portion.
4. A support system as claimed in claim 3, wherein the support rods are adjustable by bending and/or stretching.
5. A support system as claimed in claim 3, wherein the support rods or strings are adjusted at the connection point to the projecting portion.
6. A support system as claimed in any preceding claim, wherein the projecting portion includes a number of holes (28) through which the rods or strings can pass so as to provide for different positions for the rods or strings.
7. A support system as claimed in any preceding claim wherein the rods or strings are permanently attached to the projecting portion or are detachable therefrom.
8. A support system as claimed in any preceding claim, wherein the ends of the rods or strings can be folded against the projecting portion when not in use.
9. A support system as claimed in any preceding claim, wherein the support rods or strings are constituted by a single piece

attached to the projecting portion and having free ends for connection to the temple arms of the pair of spectacles.

10. A support system as claimed in any of claims 1-8, wherein the support rods or strings are constituted by two or more separate elements.

11. A support system as claimed in any preceding claim, wherein the free end of the support rods or strings are formed as a hook (14) for connection to the temple arms (15) of the pair of spectacles.

10 12. A support system as claimed in claim 11, wherein at least the end portion of the support rods or strings are flexible so as to be formable into the hook (14).

13. A support system as claimed in any of claims 1-10, wherein the free ends of the support rods or strings comprise magnets (19) to connect to the temple arms of the pair of spectacles.

14. A support system as claimed in claim 13, further comprising a magnetically attractive element (20) for location on the temple arms of the pair of spectacles.

15. A support system as claimed in claim 13 or 14, wherein 20 magnetically attractive elements (27) are provided in the projecting portion such that the rods or strings can be held out of the way when not in use.

16. A support system as claimed in any preceding claim, wherein catch elements such as clips are provided in the projecting portion 25 such that the rods or strings can be held out of the way when not in use.

17. A support system as claimed in any preceding claim, wherein the item of headwear comprises a brim or peak.

18. A support system as claimed in claim 17, wherein the item of 30 headwear comprises a cap or visor.